

2005 Women's Health Forum ***"Taking Care of #1"***

Are you so busy taking care of your family, that you sometimes put your own health and needs second? Maybe you spend too many hours at the office and wonder when you'll ever have time for yourself? Maybe you just need some tips to stay healthy and keep the stress down. Then this program is for you! Join us for the 2005 Women's Health Forum, "Taking Care of #1."

Date: Saturday, November 5, 2005
Time: 8:30am - 3:15pm
Where: Manchester Health Department
1528 Elm Street
Manchester, NH 03101

Conference Highlights:

- *A Passport to Good Health: Let's Take a Trip to the Mediterranean*
- *Dancing Gracefully With Life*
- *De-mystifying Menopause*
- *Staying Safe in an Unpredictable World*
- *The Heart of a Women*
- *Taking Your Financial Physical to Heart*

***Please see the attached link below for more information. Registration is only \$35.00. For more information and to register, call Ask-A-Nurse at 626-2626.**